

Pre-Competition Drills (BE A GOOD PARTNER)

- Remember position and control in a tie, Control their head, hand or arm, in a ready to attack position, do not reach., If they reach be ready to attack don't reach back.
- 6 Double legs 3 from an inside tie (triceps and shoulder, Circle leg to you, snap and attack and 3 from a reshot (they shoot you down block you attack)
- 6 Head outside same tie as double 2 finishes with dump 2 double 2 finishes dump then double turk finish
- 6 Single legs circle leg to you 3 finish in dump and 3 finishes on the mat shelving
- 3 head inside single high leg finish
- 3 head inside single opponent squares up and go out the back door.
- 3 throw bys (stinky pinky or under throwby)
- 3 headlocks

FRONT HEAD LOCK

- 3 short drags (he has you in front head lock)
- 3 knee trips, (he has you in front head lock)

- 3 sprawls or snap down front head (chin and elbow) backhand around
- Defense 3 head inside - whizzer pressure on the head square up and get long (thumps in thighs) back hand around
- Defense 3 head outside defense- hips in cut corner, pressure on head, other hand to near ankle lift to the ceiling, drive in, crossface and butcher.
- Front head –head in the hole inside cradle
- Front head-circle shuck

TOP POSITION

- 4 Break downs Spiral ride, tight waist Jam, two hands in crotch, wrist control work it to arm bar pinning combinations (different ones each time) Arm bar series, the two tilts (cross wrist), wrist and bar, (his arm is straight forward) jump sides elbow tight to your side other elbow in his ear work around the head, (his arm straight out to the side) jump sides and under hook (Hornickle special) standard bar arm on other side (his shoulder to ear big step your elbow to ear) wrist and a half
- Tight waist Jam breakdown and **cross wrist** ride with Butcher, cross face craddle

- Cross wrist turk series, Butcher, tilt, ball in chain tilt, stack, half, Churella, Robles
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- 2 far knee far ankle and far arm half near side and a few step trough and turk.

BOTTOM POSITION

- 3 (stand up) quick hand control and hand in the back pocket pressure back, hips out and cut through (raise your sword)
- 5 short sit hand control same as stand up but on the mat cut through
- 5 short sit and gazoni (head and arm)
- 6 switches 3 standing and 3 on the mat off the whistle
- 4 peterson rolls

Remember wrestle every second of the match, keep wrestling until they pull you off. Stay aggressive yet patient and in control. Leave it all on the mat. Stay calm, Stay relaxed, drink water throughout the day.